

Full Report (All Nutrients) 45004813, WEIS QUALITY, DELUXE SHELLS & CHEDDAR MACARONI & CHEESE DINNER, UPC: 041497286638

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer WEIS MARKETS, INC.

Nutrient	Unit	Data points	Std. Error	4.0 oz 113g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	360	319
Protein	g	--	--	12.00	10.62
Total lipid (fat)	g	--	--	12.00	10.62
Carbohydrate, by difference	g	--	--	50.00	44.25
Fiber, total dietary	g	--	--	2.0	1.8
Sugars, total	g	--	--	4.99	4.42
Minerals					
Calcium, Ca	mg	--	--	150	133
Iron, Fe	mg	--	--	1.80	1.59
Sodium, Na	mg	--	--	960	850
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	1500	1327
Lipids					
Fatty acids, total saturated	g	--	--	3.503	3.100
Fatty acids, total monounsaturated	g	--	--	4.995	4.420
Fatty acids, total polyunsaturated	g	--	--	2.000	1.770
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	20	18
Amino Acids					
Other					
Ingredients					

ENRICHED MACARONI PRODUCT (DURUM FLOUR, NIACIN, IRON [FERROUS SULFATE], THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHEDDAR CHEESE SAUCE (CHEDDAR CHEESE [MILK, CHEESE CULTURE, SALT, ENZYMES], SKIM MILK, WHEY, CANOLA OIL, SODIUM PHOSPHATE, WHEY PROTEIN CONCENTRATE, WATER, SALT, CONTAINS LESS THAN 2% OF ENZYME MODIFIED CHEESE [MILK, WATER, SODIUM PHOSPHATE, SALT, MILKFAT, ENZYMES, CHEESE CULTURE], SODIUM ALGINATE, LACTIC ACID, PRESERVATIVE [SORBIC ACID], NATURAL FLAVOR, COLOR [APOCAROTENAL]). *Date Available: 09/23/2016 Date Last Updated by Company: 09/23/2016*